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ERFINGHAM RURAL DISTRICT COUNCIL

ANNUAL REPORT

of the

MEDICAL OFFICER OF HEALTH

1962.



Incorporating the

SURVEYOR AND SENIOR PUBLIC HEALTH INSPECTOR'S REPORT.

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ERPINGHAM RURAL DISTRICT COUNCIL.

REPORT OF THE MEDICAL OFFICER OF HEALTH FOR
THE YEAR ENDED 31st DECEMBER, 1962.

To The Chairman and Members of the
Erpingham Rural District Council:

I have the honour to submit my Annual Report on the Health of the district for 1962. The estimated midyear population was 18,660, which is an increase of 90 over the previous year. As the excess of births over deaths was just 5, there would appear to be a small movement of people into the district.

The general health of the district is satisfactory, although we tend to forget that serious infectious disease is only kept at bay by constant vigilance and by such active procedures as immunization. In the early part of the year, special evening sessions were held in convenient places in an attempt to vaccinate with the new oral poliomyelitis vaccine the young adults who found it difficult to attend during the day. Our faith in this vaccine has been justified; the incidence of polio during 1962 was the lowest for 50 years in this country. The amount of death and suffering saved by immunization over the last few years is beyond measure. There used to be about 55,000 cases of diphtheria annually in England and Wales with 3,000 deaths; now there is about 100 cases and an average 8 deaths. I believe that the public do not realize the real value of preventive medicine and its vital importance to themselves and their children.

I would like to express my thanks to the Committee for their support, to the Officials of the Council for their co-operation and to the staff of the Local Health Office for their invaluable help in the compilation of this report.

Topography.

The Erpingham Rural District lies in North Norfolk, being bounded on the north by the sea and on the east, west and south by the Smallburgh, St. Faith's & Aylsham and Walsingham districts.

The coastline of some twenty miles extends from Mundesley in the east to Cley in the west. As far as Weybourne it consists of sandy cliffs and beyond it of marshland protected by shingle beaches.

Inland the country is for the most part open with much variety of heath, woodland and land under cultivation and few natural barriers. The climate is bracing and the rainfall low.

General Statistics.

Area in acres ...	71,099
Population (1962 Census) ...	18,660
Number of inhabited dwellings ...	6,434
Rateable value (at 1/4/1962) ...	£153,994
Sum represented by a Penny Rate ...	£610
No. of Parishes in District ...	44

Vital Statistics.

Live Births:		M	F	Total
	Legitimate	123	116	239
	Illegitimate	3	6	9
		126	122	248

Live Birth Rate per 1,000 of the estimated population.....13.3

Corrected Rate (Comparability factor 1.21).....16.1

National Birth Rate (provisional).....18.0

The figure for England and Wales is 0.6 higher than last year's, and is the highest since 1947.

Illegitimate births comprised 3.6% of the total.

Still Births. There was 1 male and 2 female still births, which give a rate of 12.0 per 1,000 total births. This is a very satisfactory figure and compares favourably with the National rate of 17.1 per 1,000, which in turn is the lowest on record.

Infant Mortality. There was just one death of an infant under the age of 1 year. This was a legitimate male infant and death occurred in the first week of life.

The infant mortality rate is 4.0 per 1,000 live births, which is a remarkably low figure and compares very well with the figure for England and Wales of 21.4. This National Rate is the lowest ever recorded for the 12th year in succession.

Deaths. The following deaths have been recorded by the Registrar General and, as usual, they are classified under the 36 headings based on the abbreviated list of the International Statistical Classification of Diseases, Injuries and Causes of Death, 1955.

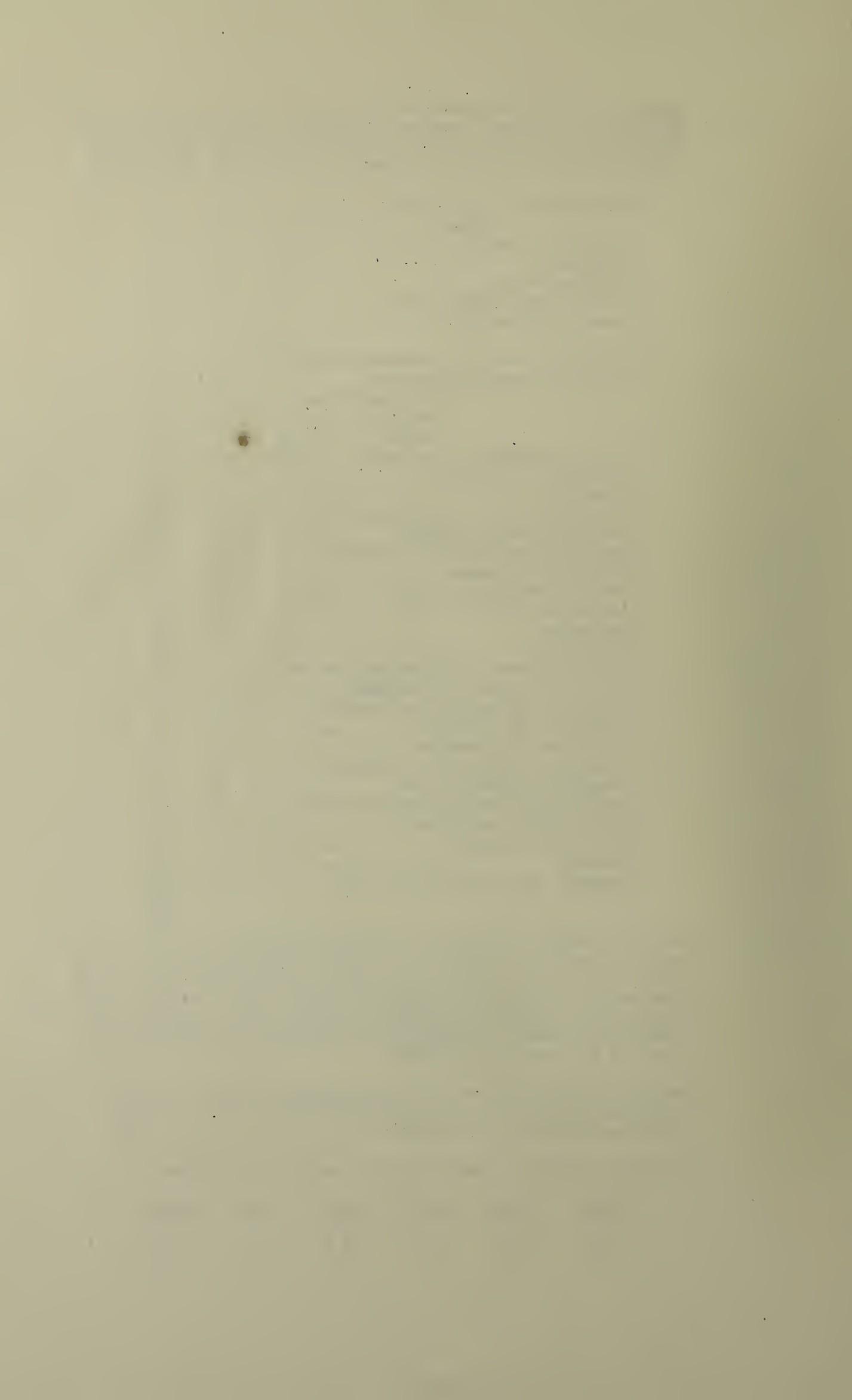
Tuberculosis, respiratory	0
" other	0
Syphilitic disease	1
Diphtheria	0
Whooping Cough.	0
Meningococcal Infections	0
Acute Poliomyelitis	0
Measles.	0
Other infective and parasitic diseases	1
Malignant neoplasm, stomach	5
" " lung, bronchus	9
" " breast	2
" " uterus	1
Other malignant and lymphatic neoplasms	22
Leukaemia, alcukaemia	1
Diabetes	0
Vascular lesions of nervous system	40
Coronary disease, angina	47
Hypertension with heart disease	3
Other heart disease	42
Other circulatory disease	11
Influenza	1
Pneumonia	11
Bronchitis	13
Other diseases of respiratory system	1
Ulcer of stomach and duodenum	0
Gastritis, enteritis and diarrhoea	1
Nephritis and nephrosis	0
Hypoplasia of prostate	3
Pregnancy, childbirth, abortion	0
Congenital malformations	0
Other defined and ill-defined diseases	17
Motor vehicle accidents	3
All other accidents	6
Suicide	2
Homicide and operations of war	0
	243

The total number of deaths is slightly lower than last year (251) and, as usual, heart disease was the most important cause, being responsible for over 1/3 of all deaths. Cancer accounted for 16%. Once again no deaths are recorded as being due to maternal causes, but 10 were as a result of accident or suicide. This is unfortunate because such deaths are nearly always preventable and often take place in the young and healthy.

Death rate per 1,000 of the estimated population.....	13.0
Corrected Rate (Comparability factor 0.81).....	10.5
Provisional National Rate 1962.....	11.9

The crude death rate for the last 6 years is as follows:-

<u>1957</u>	<u>1958</u>	<u>1959</u>	<u>1960</u>	<u>1961</u>	<u>1962</u>
11.9	12.0	11.8	11.8	13.5	13.0



INFECTIOUS DISEASE.

The following notifications of infectious diseases have been received during the year:-

Parish	Food Poisoning	Measles	Pulmonary Tuberculosis	Scarlet Fever	Whooping Cough	Total
Aldborough	-	-	-	1	1	2
East Runton	-	1	-	-	-	1
Grosham	-	-	1	-	-	1
Gresham's School	33	-	-	-	-	33
Hanworth	-	-	-	1	-	1
Hempstead	1	-	-	-	-	1
Holt	-	-	3	-	-	3
Ingworth	-	-	1	-	-	1
Kelling	-	3	-	-	-	3
Mundesley	-	2	1	-	-	3
Southrepps	-	-	-	1	1	2
Total	34	6	6	3	2	51

Disease	Under 1	1 - 2	3 - 4	5 - 9	10 - 14	15 - 24	25+	Total
Food Poisoning	-	-	-	-	7	25	2	34
Measles.	-	2	2	2	-	-	-	6
Pulmonary T.B.	-	-	-	-	-	2	4	6
Scarlet Fever.	-	-	-	2	1	-	-	3
Whooping Cough	-	1	-	-	-	-	-	1
Total	-	3	2	4	8	27	6	50

The low incidence of measles is noteworthy compared with the 434 notification in 1961. The disease tends to be prevalent in alternate years and this is borne out by the figures for the last 6 years :-

<u>1957</u>	<u>1958</u>	<u>1959</u>	<u>1960</u>	<u>1961</u>	<u>1962</u>
174	23	253	54	434	6

The food poisoning was the result of a single outbreak in a school, believed due to the use of duck eggs. No dysentery was reported in the district.

TUBERCULOSIS.

	Pulmonary		Non-Pulmonary		TOTAL
	Male	Female	Male	Female	
New Cases	3	2	-	-	5
Inward transfers	3	1	-	-	4
No of cases on Register at 31.12.62	38	25	1	3	67

The number of names on the register at the end of 1962 was 67, compared to 65 in 1961.

Skin tests are performed on all children attaining the age of 13 years to ascertain their susceptibility to tuberculosis and vaccination against the disease is offered to all who are deemed to be at risk. The table below shows the results in this district:-

B.C.G. Vaccination.

No. of skin tests at Cromer and Sheringham Secondary Modern Schools	..	236
No. found positive	42
No. found negative and vaccinated	178

Although the mortality from tuberculosis has fallen dramatically in recent years, there is still quite a high incidence, and the disease is not beaten yet. Mass radiography still reveals a number of persons with active disease, and a recent report suggests that there may be 50,000 or more cases of unrecognised tuberculosis among persons over 15 years in this country. It is a fact that 17% of children have acquired tuberculosis infection by the age of 13.

SMALLPOX VACCINATION.

The following table relates to persons vaccinated in Area No.2 during 1962:-

Age at date of vaccination.	Under 1	1	2	3	4	5-14	15 & over	Total
Primary	232	45	22	14	20	216	271	820
Re-vaccination	-	1	2	3	9	353	790	1158

SMALLPOX VACCINATION (Contd)

This large increase in the number of persons vaccinated was a result of the outbreak of smallpox which occurred at the beginning of the year. These outbreaks occur every few years and it is only as the result of thorough and painstaking work on the part of local authorities Health Departments that they are brought under control. Hence the need for vaccination in this country, which is necessary anyway if one is to travel abroad. Older children and adults, if vaccinated for the first time, may have unpleasant reactions. It is therefore recommended that adults should undergo primary vaccination only when at risk, but every encouragement should be given to the protection of individual while in infancy. Revaccination at a later date is then a safe and innocuous procedure.

POLIOMYELITIS.

In February 1962, the Ministry of Health introduced the Sabin poliomyelitis vaccine (oral type) for mass vaccination of persons of all ages from 6 months to 40 years, and public sessions were held at Cromer, Sheringham, Aldborough, Holt and Mundesley, with local general practitioners participating. Three drops on a sugar lump (or in syrup for babies) in three doses at approximately 4 - 8 weeks intervals constitute the full primary course of vaccination. Where previously two injections of Salk vaccine have been given, the primary course may be completed by a further injection of Salk vaccine or a dose of Sabin oral vaccine within 7 - 12 months.

The following table gives details of vaccinations carried out in Area No.2 during 1962 in all three categories, i.e. (a) 3 injections of Salk vaccine, (b) 2 injections of Salk vaccine + 1 dose of oral vaccine and (c) 3 doses of oral vaccine.

AGE	Received three injections (Salk)	Received third dose of oral	Received three doses of oral.	TOTAL
Under 1 year	-	-	19	19
1 year	5	62	144	211
2 years	65	87	16	168
3 years	10	11	17	38
4 years	3	7	18	28
5 years	6	9	10	25
6 years	9	7	19	35
7 years	1	20	11	32
8 years	7	11	20	38
9 years	7	17	11	35
10 years	9	18	15	42
11 years	8	13	3	24
12 years	4	9	9	22
13 years	3	5	18	26
14 years	4	6	13	23
15 - 40 years	290	474	709	1473
Others.	6	3	3	12
	437	759	1055	2251

Re-inforcing fourth doses were also resumed in February for children between the ages of 5-12 years and a total of 492 children were dealt with in this category, 472 receiving the oral vaccine.

These figures relate to the Administrative Area No.2 of Norfolk County Council as separate figures for Erpingham are not available.

As a direct result of vaccination against poliomyelitis, the number of cases of this disease in England and Wales was lower in 1962 than it has been for nearly half a century.

DIPHTHERIA, WOOPING COUGH AND TETANUS.

Immunisation against diphtheria is usually combined with that against Whooping Cough and Tetanus so as to reduce the total number of injections required. As I forecast in last year's report, the number of immunisations carried out in 1962 was considerably less than in the previous year. This is because the campaign to bring up to date the immunised state of the school children in the district was completed by the beginning of 1962, and the very high figures of 1961 are unlikely to be repeated.

The following are the immunisation figures for Area No.2 for 1962 :-

Age at 31.12.62 i.e. born in year.	Total immunised during 1962.	ditto - Booster.
- 1. 1962	91	-
1. 1961	178	4
2. 1960	21	5
3. 1959	5	24
4. 1958	5	3
5-9. 1953-57	35	93
10-14 1948-52	16	27
	351	156

The various antigens used were as follows:-

	Primary	Booster
Triple Antigen (Diphtheria/Pertussis/Tetanus)	= 308	38
Combined Antigen (Diphtheria/Tetanus)	= 39	32
Combined Antigen (Diphtheria/Pertussis)	= 1	-
Single Antigen (Diphtheria only)	= 3	86
	<u>351</u>	<u>156</u>

TETANUS IMMUNISATION - A Total of 346 children under 15 years of age and 578 persons over the age of 15 years were inoculated during the year with tetanus toxoid and a further 58 received a booster injection. Thus, by including those inoculated with triple or combined antigen, a grand total of 1,399 persons of all ages received protection against tetanus during 1962 in Area No.2.

GENERAL PROVISIONS OF THE HEALTH SERVICE.

For the purpose of carrying out the services provided by the Norfolk County Council under the National Health Service Act of 1946 the Cromer Urban District, the Sheringham Urban District and the Erpingham Rural District are combined to form County Area No.2. These services include midwifery, the care of mothers and young children, vaccination and immunisation, home nursing, mental health, prevention of illness (care and after-care) home helps and the ambulance service.

Maternity and Child Welfare. The district is served by 11 District Nurses/Midwives, many of whom are also qualified Health Visitors. The area between Cromer and Sheringham also enjoys the services of a full time Health Visitor. Infant Welfare Clinics are held at the following places:-

<u>Centre</u>	<u>Date held.</u>
Edgefield - Parish Hall.	Last Tuesday in month.
Grosham - Assembly Room.	2nd Monday in month.
Mundesley - Church Room.	Last Tuesday in month.
Southrepps - The Rectory.	2nd Wednesday in month.
Northrepps - Church Rooms.	2nd Friday in month.
Roughton - Village Hall.	Last Thursday in month.
Cromer.	1st and 3rd Thursday in month.
Sheringham.	1st and 3rd Tuesday in month.
Matlasko.	Last Thursday in month.
Holt.	2nd Tuesday in month.

The Clinics at Cromer and Sheringham are attended by the Medical Officer and those at Matlasko and Mundesley are attended as required.

All children under 5 years of age are visited regularly in their homes by the Health Visitor who takes over from the midwife when the baby is two weeks old. Children of 5 years and over come under the supervision of the School Nurse.

Vaccination and Immunisation. This is carried out by the Assistant County Medical Officer and by the General Practitioners. Sessions for vaccination and immunisation against smallpox, diphtheria, whooping cough, tetanus, poliomyelitis and tuberculosis are arranged at Clinics, Schools and General Practitioners' surgeries.

School Medical Service. This takes up a considerable amount of time as every one of the 28 schools in the area is visited annually and on these occasions a full examination of all children in the appropriate age group is carried out. They are seen during their first year at school, at 10 years of age and before leaving; if any defects are discovered they are referred for treatment or investigation. Children in whom there is thought to be a need for supervision are seen every year. Apart from the routine visits, many special visits to schools are made for such purposes as immunisation, mental ascertainment, examination when transport to School is believed necessary, and so on. The vision of all pupils is tested at 8 years of age as a routine.

General Welfare. These services are administered in the district by the Local Welfare Officer who is in attendance and available for interviews at :-

<u>Cromer</u> :	Local Health Office. 9 - 10 a.m. daily.
<u>Sheringham</u> :	Sheringham U.D.C. Offices. 2 - 2.30 p.m. Tuesday.
<u>Holt</u> :	Shirchall, Tower Street. 11. a.m. - 12 noon Friday.

HEALTH EDUCATION.

Although the health of the nation has never been better, there is still a tremendous amount of ignorance and superstition about the needs of the human body. Few people realise that prevention of illness is not the same as positive health, and that one can be quite free of any disease and yet feel quite ill. Peoples ideas about health and disease profoundly affect their own state of health, and one of the commonest notions is that one cannot be healthy, without taking various medicaments. For example if you feel tired and rundown, then a "tonic" is needed; I would have thought that a rest and plenty of good food would be more effective, or it may mean that you have problems on your mind. Similarly if you wish to slim down a little, then you take "slimming foods" instead of just eating less of the richer foods. Then if you suffer from constipation you require pills or medicine instead of adjusting your diet.

Modern advertising does not help matters, especially television. Very often, distorted ideas of health are being put across and it would appear that without a constant supply of pills, medicine, vitamins and lotions, the human body cannot function properly. The grave danger is in the idea that the slightest deviation from normal requires immediate relief with medicine or tablets.

It is an uphill task countering these false notions, but I suppose it is one of the neuroses of modern life.

I have the honour to be,

Your obedient servant,

P.G. HOLT,

M.B., Ch.B., D.P.H.

REPORT OF THE SENIOR PUBLIC HEALTH INSPECTOR.

HOUSING IMPROVEMENT GRANTS.

- (a) Discretionary. 24 applications were approved during 1962, making a total of 226 approved. Of these 12 were completed during the year, making a total of 198 completed since the commencement of the scheme.
- (b) Standard. 94 applications were approved during 1962 making a total of 266 approved. Of these 86 were completed in 1962, making a total of 188 completed since the commencement of the scheme.

COUNCIL HOUSE MODERNISATION.

A scheme for the modernisation of 18 houses at Gimingham was commenced and the schemes at Thurgarton (9 houses), Cley (16 houses) and Northrepps (23 houses) were completed.

A scheme for modernising 63 houses at Holt was prepared during the year.

SEWAGE DISPOSAL.

The village scheme for Weybourne was completed during the year and preparation work in connection with schemes at Southrepps, Corpusty and Letheringsett had been so advanced as to be almost at tender stage.

SEA OUTFALL.

Work on the outfall at East Runton was proceeded with but not completed until 1963.

WATER SUPPLY.

The balance of outstanding works affording main supplies was completed during the year, as was the Edgefield Tower.

SUMMARY OF INSPECTIONS.

Complaints received	315
Nuisances abated	217
Summons taken out	-
Houses disinfected	8
Overcrowding	3
Houses connected with sewer	186
" " " water mains	208
Improvements to sanitary conveniences	198
Samples of water taken for analysis	15
Houses closed	-
Food hygiene inspections	48
Holiday Camp	"	82
Ice Cream samples (all Grade I)	6

CARCASES AND OFFAL INSPECTED AND CONDEMNED IN WHOLE OR PART.

	Cattle ex. cows.	Cows.	Calves.	Sheep and Lambs.	Pigs.	Horses.
Number killed (if known)	86	-	-	350	162	-
Number inspected	68	-	-	336	146	-
All diseases except tuberculosis and cysticerci - whole carcasses condemned.	-	-	-	-	-	-
Carcases of which some part was condemned	8	-	-	-	-	-
% of the number inspected affected with disease other than tuberculosis and cysticerci	11.7	-	-	-	-	-
<u>Tuberculosis only:</u>						
Whole carcasses condemned	-	-	-	-	-	-
Carcases of which some part of organ was condemned	-	-	-	-	-	-
% of the number inspected with tuber- culosis	-	-	-	-	-	-
<u>Cysticercosis:</u>						
Carcases of which some part or organ was condemned	-	-	-	-	-	-
Carcases submitted to treatment by irrigation	-	-	-	-	-	-
Generalised and totally condemned	-	-	-	-	-	-

The undermentioned foodstuffs have been condemned as unfit
for human consumption during the year, namely:

Animal carcasses and organs	82 lbs.
Tinned meats	10½ lbs.

WATER SUPPLY, 1962.

- (a) The Water supply in the area has been satisfactory (i) in quality and (ii) in quantity.
- (b) Bacteriological examination of the raw water from each source has been made and showed satisfactory results. No chemical examination has been made.
- (c) The water is not plumbo-solvent.
- (d) No action was necessary in respect of contamination.

(e)

	Number of dwelling-houses supplied.	Population supplied direct to houses.	-do- by stand-pipes.
Alby	64	203	
Aldborough	131	425	
Anting' am	59	185	
Aylmerton	54	149	
Baconsthorpe	105	265	
Beckham East	19	60	
Beckham West	74	350	
Beeston Regis	23	68	
Bodham	125	558	
Cley-next-the-Sea	234	625	
Colby	117	361	
Corputsy	99	303	
Edgefield	96	291	
Erpingham	116	352	
Gimingham	123	442	
Gresham	104	363	
Hanworth	46	141	
Hempstead	62	185	
Holt	760	2,377	
Ingworth	51	160	
Itteringham	55	166	
Kelling	150	427	18
Letheringsett	70	223	
Lt. Barningham	29	89	
Matlaske	44	137	
*Mundesley	558	1,676	
Northrepps	106	346	
Plumstead	43	116	
Roughton	140	375	
Salthouse	92	212	
Sidestrand	22	166	
Southrepps	215	640	
Stody	51	147	
Suffield	38	112	
Sustead	52	158	
Thornage	43	131	
Thorpe Market	64	181	
Trimingham	90	264	
Upper Sheringham	42	178	
Weybourne	133	321	
Wickmere	28	78	

* Includes several properties in Smallburgh Rural District.

FACTORIES ACTS, 1937 - 1959.
PART I OF THE ACT.

1. INSPECTIONS for purposes of provisions as to health (including inspections made by Public Health Inspectors): -

Premises	Number on Register,	Inspec-tions.	Written notices.	Occupiers prosecuted.
(i) Factories in which Sections 1,2,3,4 and 6 are to be enforced by Local Authorities	5	5	-	-
(ii) Factories not included in (i) in which Section 7 is enforced by Local Authority	62	21	-	-
(iii) Other premises in which Section 7 is enforced by Local Authority (excluding outworkers' premises)	-	-	-	-
	67	26	-	-

2. CASES IN WHICH DEFECTS were found:

Particulars	No. of cases in which defects were found:				No. of cases in which prosecutions were instituted.	
			Referred -			
	Found	Remedied	To H.M. Inspector.	By H.M. Inspector.		
Want of cleanliness (S.1)						
Overcrowding (S.2)						
Unreasonable temperature (S.3)						
Inadequate ventilation (S.4)						
Ineffective drainage of floors (S.6)						
San. Conveniences (S.7)						
(a) insufficient						
(b) unsuitable or defective.						
(c) Not separate for sexes						
Other offences against the Act						
(not including offences relating to Outwork) ..						

PART VIII OF THE ACT. OUTWORK.

SECTIONS 110 and 111.

No Outworkers - Nil Return.

